


november

2019

Kanab Senior Center



Monday	Tuesday	Wednesday	Thursday	Friday
Lunch is Served at 11:45 Please call and make reservations the day before you would like to join us for lunch. 435-644-5250 Thank You!	Please call or stop by for more information on our activities. 435-644-5250			1 "Brown Bag Special" Lunch & Activity A Delicious Surprise In Every Bag!! In house only Begins @ 11:00 am
4 Chicken Ala King w/ Peas & Carrots Biscuit Broccoli Sliced Apple Walnut Bar <i>Meals on Wheels</i> AFEP 10:30	Toenail Trims by Appointment 5 <i>In house only</i> Baked Fish Garlic Bread Carrots Tossed Salad Cherry Cobbler	6 <i>Meals on Wheels</i> Sweet & Sour Meatballs Kanab Senior Center Closed	7 <i>Meals on Wheels</i> Tater Tot Casserole Kanab Senior Center Closed <i>Care & Share</i>	8 CLOSED FOR MOVING: PLEASE CALL TO JOIN US AT OUR NEW LOCATION TUESDAY 644-5250 or 644-4321
11 CLOSED FOR VETERANS' DAY Thank you for your service!	New Senior Center Open 12 St. George Shopping Philly Beef Sandwich Sweet Potato Tots Pea Salad Pears Blueberry Bar <i>Meals on Wheels</i>	Caregiver Support Group 10:30 13 Turkey Dressing Casserole Carrots Green Beans Cranberry Salad Pumpkin Pie LOCAL SHOPPING <i>Meals on Wheels</i>	14 Raviolini Soup Sunshine Carrots Tossed Salad Tropical Fruit Dessert Bar Chair Yoga: 1:00 <i>Meals on Wheels</i>	15 Green Chili Pork Burrito Baked Beans Tossed Salad Apple Slices Snickerdoodle Cookie <i>In house only</i>
18 Ranch Chicken Wild Rice Broccoli Coleslaw Pineapple Coconut Cookie <i>Meals on Wheels</i> AFEP 10:30	19 Frontier Homestead Park Trip <i>In house only</i> Mushroom Swiss Burger Sweet Potato Casserole Peas Pears Apple Crisp	20 Birthday Lunch & Music Chicken Enchilada Casserole Refried Beans Tossed Salad Peaches Pumpkin Cake LOCAL SHOPPING <i>Meals on Wheels</i>	21 Zion's Way Activity Chicken Cordon Bleu Mashed Potatoes Green Beans Peaches Applesauce Oatmeal Cookie <i>Care & Share</i> <i>Meals on Wheels</i>	22 Biscuits w/ Sausage Gravy Scrambled Eggs Spinach Mandarin Orange Salad Frozen Chocolate Banana <i>In house only</i>
25 Pepper Steak Baked Potato Beets Mandarin Oranges Pistachio Pudding <i>Meals on Wheels</i> AFEP 10:30	26 Beef Stroganoff Corn Beets Mandarin Jello Salad Brownie <i>Meals on Wheels</i>	27 Pork Loin Au Gratin Potatoes Ranch Corn Tropical Fruit Spice Cake LOCAL SHOPPING <i>Meals on Wheels</i>	28 CLOSED FOR THANKSGIVING 	29 CLOSED FOR THANKSGIVING 